

Sailing: Sailing—Learning with On-Water Practice

Faculty: Ivan Sagel, Director and Senior Instructor of the Merrill Family Sailing Center

Week Two: July 13 – 19, 2025

Schedule: Monday - Friday, 9-12 and 1:30-3:30, except Wednesday afternoon.

Location: The Merrill Family Sailing Center, 1000 East Shore Drive, Ithaca, NY

Welcome to CAU Sailing on Cayuga Lake!

We will be meeting at the Merrill Family Sailing Center at 1000 East Shore Drive each day.

Our facility sits on the peaceful shores of Cayuga Lake, a perfect place to learn to sail.

We will start with sailing fundamentals and build skills throughout the week.

The week will end with a fun regatta to test your skills and a BBQ.

Things To Note

Please plan your route to class each day. (Transportation to class is not provided.)

Parking is available at the Sailing Center for course participants.

Coffee breaks and snacks will be provided.

Lunch is on your own—there are several great places to eat nearby including Greenstar Food co-op which has ready-to-eat organic options.

Cayuga Lake: The middle of Cayuga Lake reaches depths over 500ft, but off the sailing center, the water is roughly 15 ft. deep.

On the water, we are provided with various sailing conditions, and the balance of conditions provides a tremendous natural arena for us.

Northerly winds are typically steady, bringing 2-3 ft. waves rolling down the lake. It's a great condition for straight-line speed and tuning. Southerly winds generate flat water & shifty conditions, something we see at many other college venues. Easterly winds are rare because of the general weather patterns. Westerly winds create dynamic sailing conditions due to the local typography featuring high hills.

What to bring?

- Clothing appropriate for the weather
- Closed toe shoes
- Sun protection (hat and clothing or sunblock)
- Gloves to protect your hands (even cloth gardening gloves with rubber palm are fine)
- A small dry bag to keep personal belongings and an extra layer of clothes

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Resources

Required Reading: Please review this book before your arrival for maximum enjoyment in the course.

***Basic Keelboat Book*, The National Standard for Quality Sailing Instruction**

\$25.95

Available on Amazon: <https://tinyurl.com/mu8djhrw>

And here: <https://shop.ussailing.org/basic-keelboat.html>